

ABSTRACT

The present invention provides a gel beverage composition for comprehensive nutritional supplementation, having balanced nutrients, refreshing taste, a low pH, a soft gel form suitable for drinking/eating and the ability to retain its gel form for a long period of time. The composition is a gel which has a pH ranging from 3-4 and contains 5-20% by weight of saccharide, 0.1-5% by weight of fat, 2.5-6% by weight of protein material which does not coagulate at pH 3-4, 0.2-3% by weight of citric acid, 0.2-1.5% by weight of at least one acid component selected from the group consisting of ascorbic acid, tartaric acid, succinic acid, malic acid, gluconic acid, phosphoric acid, phytic acid, lactic acid and trisodium citrate, 0.01-0.5% by weight of an emulsifying agent, 0.1-1% by weight of agar and 65-90% by weight of water.